

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Vitamin A, IU (IU)

Food Groups: Fruits and Fruit Juices
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: November 05, 2015 13:30 EST

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	15076
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	10973
09110	Goji berries, dried	28.0	5.0 tbsp	7510
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	6404
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	5986
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	5775
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	240.0	8.0 fl oz	4999
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	4760
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	4685
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	4126
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	4109
09035	Apricots, frozen, sweetened	242.0	1.0 cup	4066
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	3619
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	3461
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	3345
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	3303
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	3303
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	3199
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	3196
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	3188
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	3173
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	3139
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	3069
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	3002
09021	Apricots, raw	155.0	1.0 cup, halves	2985
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	2733
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	2645
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	2595

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	2543
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	2480
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	2329
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	2326
09174	Loquats, raw	149.0	1.0 cup, cubed	2277
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	2276
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	2227
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	2132
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	2121
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	2117
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	1989
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	1946
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	1865
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	1840
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	1830
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	1828
09278	Plantains, cooked	200.0	1.0 cup, mashed	1818
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	1817
09176	Mangos, raw	165.0	1.0 cup pieces	1785
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	1771
09436	Mango nectar, canned	251.0	1.0 cup	1737
09277	Plantains, raw	148.0	1.0 cup, sliced	1668
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	1650
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	1644
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	1494
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	1464
09446	Plantains, green, fried	118.0	1.0 cup	1407
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	1390
09226	Papayas, raw	145.0	1.0 cup 1" pieces	1378
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	1359
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	1348
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	1328
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	1298
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	1285
09002	Acerola juice, raw	242.0	1.0 cup	1232
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	1177

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09192	Oheloberries, raw	140.0	1.0 cup	1162
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	1132
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	1087
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	1081
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	1078
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	1056
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	1038
09139	Guavas, common, raw	165.0	1.0 cup	1030
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	1008
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	959
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	958
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	952
09229	Papaya nectar, canned	250.0	1.0 cup	902
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	889
09326	Watermelon, raw	154.0	1.0 cup, balls	876
09088	Elderberries, raw	145.0	1.0 cup	870
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	870
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	848
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	767
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	752
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	731
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	730
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	723
09423	Prune puree	36.0	2.0 tbsp	720
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	710
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	707
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	692
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	692
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	682
09143	Guava sauce, cooked	238.0	1.0 cup	674
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	668
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	667
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	663
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	642
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	642
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	630

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09221	Tangerine juice, raw	247.0	1.0 cup	625
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	596
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	596
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	592
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	588
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	584
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	582
09279	Plums, raw	165.0	1.0 cup, sliced	569
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	561
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	517
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	508
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	508
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	503
09236	Peaches, yellow, raw	154.0	1.0 cup slices	502
09206	Orange juice, raw	248.0	1.0 cup	496
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	490
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	486
09191	Nectarines, raw	143.0	1.0 cup slices	475
09428	Rowal, raw	114.0	0.5 cup	437
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	436
09107	Gooseberries, raw	150.0	1.0 cup	435
09205	Oranges, raw, with peel	170.0	1.0 cup	425
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	424
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	416
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	414
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	408
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	405
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	397
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	396
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	394
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	390
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	348
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	343
09451	Horned melon (Kiwano)	233.0	1.0 cup	343
09038	Avocados, raw, California	230.0	1.0 cup, pureed	338
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	326

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09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	322
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	320
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	312
09042	Blackberries, raw	144.0	1.0 cup	308
09043	Blackberry juice, canned	250.0	1.0 cup	308
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	294
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	287
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	266
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	261
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	261
09083	Currants, european black, raw	112.0	1.0 cup	258
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	250
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	248
09140	Guavas, strawberry, raw	244.0	1.0 cup	220
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	219
09082	Cranberry-orange relish, canned	275.0	1.0 cup	192
09144	Jackfruit, raw	165.0	1.0 cup, sliced	182
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	175
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	172
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	164
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	164
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	164
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	164
09311	Roselle, raw	57.0	1.0 cup, without refuse	164
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	157
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	150
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	147
09313	Sapodilla, raw	241.0	1.0 cup, pulp	145
09040	Bananas, raw	225.0	1.0 cup, mashed	144
09307	Rhubarb, raw	122.0	1.0 cup, diced	124
09160	Lime juice, raw	242.0	1.0 cup	121
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	114
09427	Abiyuch, raw	114.0	0.5 cup	114
43382	Cranberry juice, unsweetened	253.0	1.0 cup	114
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	113
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	112

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09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	110
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	109
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	108
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	107
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	107
09085	Currants, zante, dried	144.0	1.0 cup	105
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	105
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	105
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	105
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	104
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	102
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	100
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	99
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	96
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	96
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	96
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	95
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	94
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	94
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	94
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	93
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	93
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	92
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	92
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	91
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	91
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	90
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	88
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	88
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	88
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	86
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	86
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	86
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	85
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	84
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	83

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09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	83
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	81
09050	Blueberries, raw	148.0	1.0 cup	80
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	76
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	75
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	74
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	71
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	71
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	71
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	71
09078	Cranberries, raw	110.0	1.0 cup, chopped	69
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	69
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	69
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	68
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	68
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	66
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	64
09287	Prickly pears, raw	149.0	1.0 cup	64
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	61
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	60
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	60
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	59
09163	Blueberries, dried, sweetened	40.0	0.25 cup	56
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	56
09149	Kumquats, raw	19.0	1.0 fruit without refuse	55
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	52
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	51
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	50
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	49
09084	Currants, red and white, raw	112.0	1.0 cup	47
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	47
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	47
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	46
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	45
09077	Crabapples, raw	110.0	1.0 cup slices	44
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	43

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09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	42
09004	Apples, raw, without skin	110.0	1.0 cup slices	42
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	41
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	41
09302	Raspberries, raw	123.0	1.0 cup	41
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	39
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	39
09296	Quinces, raw	92.0	1.0 fruit without refuse	37
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	37
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	36
09322	Tamarinds, raw	120.0	1.0 cup, pulp	36
09421	Dates, medjool	24.0	1.0 date, pitted	36
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	36
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	35
09190	Mulberries, raw	140.0	1.0 cup	35
09252	Pears, raw	140.0	1.0 cup, slices	35
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	34
09159	Limes, raw	67.0	1.0 fruit (2" dia)	34
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	32
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	31
09413	Pears, raw, red anjou	126.0	1.0 small	30
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	28
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	27
09216	Orange peel, raw	6.0	1.0 tbsp	25
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	25
09128	Grapefruit juice, white, raw	247.0	1.0 cup	25
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	23
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	23
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	23
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	23
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	22
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	20
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	20
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	20
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	19
09079	Cranberries, dried, sweetened	40.0	0.25 cup	18

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09316	Strawberries, raw	152.0	1.0 cup, halves	18
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	18
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	16
09295	Pummelo, raw	190.0	1.0 cup, sections	15
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	15
09094	Figs, dried, uncooked	149.0	1.0 cup	15
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	15
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	15
09087	Dates, deglet noor	147.0	1.0 cup, chopped	15
09152	Lemon juice, raw	244.0	1.0 cup	15
09334	Feijoa, raw	243.0	1.0 cup, pureed	15
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	12
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	12
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	11
09095	Figs, dried, stewed	259.0	1.0 cup	10
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	10
09062	Cherimoya, raw	160.0	1.0 cup, pieces	8
09294	Prune juice, canned	256.0	1.0 cup	8
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	5
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	5
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	5
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	4
09315	Soursop, raw	225.0	1.0 cup, pulp	4
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	4
09129	Grapes, muscadine, raw	6.0	1.0 grape	4
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	4
09156	Lemon peel, raw	6.0	1.0 tbsp	3
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	2
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	2
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	2
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	2
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	2
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	2
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	2
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	2
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0
09165	Litchis, dried	2.5	1.0 fruit	0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0
09059	Breadfruit, raw	220.0	1.0 cup	0
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	0
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0
09437	Tamarind nectar, canned	251.0	1.0 cup	0
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0
09434	Guanabana nectar, canned	251.0	1.0 cup	0
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0
09298	Raisins, seedless	165.0	1.0 cup, packed	0
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0
09173	Longans, dried	1.7	1.0 fruit	0
09442	Pomegranate juice, bottled	249.0	1.0 cup	0
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	0
09164	Litchis, raw	190.0	1.0 cup	0
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0
09299	Raisins, seeded	165.0	1.0 cup, packed	0
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0